

# WELLBEING RESOURCES



Health, Work and Wellbeing Department  
For a referral please contact:  
leademployer.casemanagement@sthk.nhs.uk

The Trust also operates an Employee Assistance Programme (EAP) which provides a 24 hour confidential helpline which you may wish to use. The EAP can be accessed via:  
[www.insighthealthcare.org/wellbeingatwork](http://www.insighthealthcare.org/wellbeingatwork) or via phone on: 0800 027 7844 or 0300 555 0120  
(please use the 0300 number when calling from a mobile)

**Username:** insighthealthcare@sthk.nhs.uk  
**Password:** Insight-healthcare

## MENTAL HEALTH

**Practitioner Health Programme** - <https://www.practitionerhealth.nhs.uk/>

Practitioner Health is a free, confidential NHS service for doctors and dentists across England who are experiencing mental illness and addiction problems and looking to return to clinical practice. The service can help with issues relating to a mental health concern, including stress, depression or addiction problems, in particular where these might affect work. The service is provided by health professionals specialising in mental health support to doctors and is available in various locations across England.

**Doctors Support Group** - <https://doctorsupportgroup.com/>

The DSG aims to assist doctors and dentists who need help when coping with the enormous stresses and difficulties they may face. Members of the DSG come together for regular meetings and provide support for those facing suspension, exclusion, investigation of complaints and/or allegations of professional misconduct.

**Doc Health** - <http://www.dochealth.org.uk/what-we-offer.html>

Confidential, not for profit, psychotherapeutic consultation service for all doctors. The service is delivered by Consultant Medical Psychotherapists based at BMA House in London. Although located in London, the service is open to all doctors in the UK. It is supported by the British Medical Association (BMA) and the Royal Medical Benevolent Fund (RMBF).

**Samaritans:** The Samaritans service supports anyone who needs to talk, including people at risk of suicide.

**COVID - A free wellbeing support helpline:**

Call 0300 131 7000 - available from 7am-11pm seven days a week. This helpline provides confidential listening from trained professionals and specialist advice including coaching, bereavement care, mental health and financial help. There is also a 24/7 text alternative to the above helpline - simply text **FRONTLINE** to 8525

**Family communication to support staff during COVID-19 including guidance for key workers on how to have difficult conversations with your children about your role as a key worker is available:**  
<http://people.nhs.uk/uncategorized/communicating-with-children-about-covid-19/>

## Physio Med

Any employee who suffers with a musculoskeletal injury or disorder (MSD) can be referred to PhysioMed. For further information on this service, please contact: Health, Work and Wellbeing on 0151 430 1985

### BMA

The BMA offers support services including counselling and the Doctor Advisor Service, For further information please click here to visit their website: <https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-for-doctors-and-medical-students>

### Alcohol/Substance Misuse

**Practitioner Health Programme** - <https://www.practitionerhealth.nhs.uk/>  
**Sick Doctors Trust** - <http://sick-doctors-trust.co.uk/page/about-the-trust>

The Sick Doctors Trust was established in 1996 by a group of doctors who were themselves recovering from addictions and were concerned about the lack of effective arrangements for helping others who found themselves in difficulty as a result of alcohol or drug use. They also support with GMC hearings. They are happy to talk to colleagues or members of the family of a doctor who is experiencing problems and will suggest appropriate help.

**British Doctors and Dentists Group** - <http://www.bddg.org/>

The British Doctors and Dentist Group is a mutual/self-help group of doctors and dentists who are addicted to alcohol and/or drugs who are living, or wish to live, in a recovery programme free of alcohol and drugs. There are around 800 members in the UK meeting in 18 active groups. Most meet monthly for support and to discuss alcohol and drug related problems to maintain sobriety, and to offer help to doctors and their families.

### Financial Support and Advice

**Money Advice Service: 0800 448 0826**

**The Cameron Fund** - <http://www.cameronfund.org.uk/>

The Cameron Fund is the GP's own charity. It is the only medical benevolent fund that solely supports general practitioners and their dependants. They provide support to GPs and their families in times of financial need, whether through ill-health, disability, death or loss of employment. They help those who are already suffering from financial hardship and those who are facing it.

**Royal Medical Benevolent Fund** - <https://rmbf.org/>

The RMBF provides support for doctors and their families through all stages of their career and beyond. Our help ranges from financial assistance in the form of grants and loans to a telephone befriending scheme for those who may be isolated and in need of support.

**Royal Medical Foundation** - <http://www.royalmedicalfoundation.org/>

### Domestic Abuse

Call Refuge's [National Domestic Abuse Helpline](#) for free confidential advice 24 hours a day on 0800 2000 247. Visit the [helpline website](#) to access further information, a contact form and the live chat service. If you are in immediate danger, call 999 and ask for the police.

### Wellbeing Apps

There are a number of free wellbeing apps available for NHS staff including Headspace, Silvercloud and Sleepio. [Click here for more information.](#)